

Campus Bulletin

No. 4 - 92

January 30, 1992

THOUGHT FOR THE WEEK: We urge that outmoded educational policy be brought into line with recent scientific discoveries in linguistics and psychology. It has been shown repeatedly that children whose primary language is ASL, like those who speak other minority languages, such as Spanish or Navajo, are at a severe educational disadvantage in a system that disbars, denigrates and denies their primary language. It is reasonable to believe that the same educational remedies provided by the congress and the courts for the speakers of all minority languages will benefit ASL speaking children. In any case it is the law.

Commission on the Education of the Deaf - 1988

SUNDAY, FEBRUARY 2: PTCO Board Meeting - 4 pm

MONDAY, FEBRUARY 3: Administrative Team Meeting - 1 pm

Intermediate Boys' Basketball at home - 4:30 pm (Gray Road)

TUESDAY, FEBRUARY 4: Boys' Varsity & Junior Varsity Basketball at Edinburgh - 6:00/7:30 pm

WEDNESDAY, FEBRUARY 5: Indianapolis Deaf Way to Greenbriar Elem. - 9:30 - 11:30

Dean's meeting - 10:30 am

FAC meeting - 3:05 pm

Girls' Varsity Basketball Sectionals at Scecina - 6:30 pm (vs Howe)

THURSDAY, FEBRUARY 6: Middle School 7A and 8A to Indianapolis Central Library - 12:15 - 3:00

High School Class Meeting - 1:10 PM

Open Forum - Residential Staff - 2:00 pm (COED Lounge)

Open Forum - Educational Staff - 3:10 pm (Auditorium)

Intermediate Boys' Basketball (B) at St. Richard's - 4:30

Intermediate Boys' Basketball (A) at home - 4:30 pm (Maxwell)

Boys' Varsity & Junior Varsity Basketball at White's - 6:00/7:30 pm

FRIDAY, FEBRUARY 7: Indianapolis Deaf Way to Hazeldale Elem. - 12:30 - 2:30

ANNOUNCEMENTS:

Donations Needed - Two new parent support groups are starting here on campus. One started January 20th and the other will be starting in 6 - 8 weeks. Child care is being provided. We have a range of children from one to fourteen years old. We are in need of toys and other items in the child care room. Do you have any of the following items to donate? Cribs, playpens, toys (baby through 14) Nintendo system and games, videotapes, diaper changing mats, and portable potties. Please come to room 220 in Raney or call: 924-4374, ext. 195 if you have any items to donate. Thank you. Mary Alice Moon and Jennifer Seet, HIP Coordinators

Black History Month - We need your help during Black History Month! The students would love to taste a special African-American dish; hear your personal life story; or see African-inspired clothing. Could you lead an older class in discussing racism in the '90s? Do you have Black books, posters, pictures, captioned videotapes or slides you can share with us? Does your child have a favorite Black doll, game or toy to display? We are open to ideas. Please contact your son/daughter's teacher or the supervising teacher to make arrangements. We can work out things such as time and need for an interpreter. Thank you for your support. Yvonne Johnson, High School

Deaf Dog Need a Home - Full grown 30 Lb. English Cocker Spaniel, male, neutered, housebroken, loves kids, dogs, cats, and assorted critters. "Bullet" is 16 months old. Please save him from being put to sleep. Contact Janet/Susie at 924-8410 Hurry, please! Janet Stailey, Acting Superintendent

T.V. Studio Brainstorming Meeting has been rescheduled for Wednesday, February 5th at 3:05 pm in the Vocational Library. Linda Lloyd, Vocational Supervising Teacher

Lost! - New taupe shoulder bag lost in gym area. If you saw it or have any information, please call Middle School at ext. 153. Cindy Napier, Middle School

Reservations Required - Anyone wishing to use the Preschool Multi-Purpose Room or the Preschool Conference Room for meetings, conferences, etc., must first call Jane Bultman (ext. 404) or Diana Battiste (ext. 161) to reserve the rooms. There has been quite a demand on these rooms and we have to keep a schedule for them. It is a must that you call in advance to reserve them. Diana Battiste, Preschool Supervising Teacher

Annual Vision Screening - The annual vision screening will soon be conducted on students enrolled in Kindergarten, 1st, 3rd, and 8th grades. A letter will be sent to all involved parents to inform them of the results. Students needing further evaluation should be examined by your family's vision specialist. This is a screening only and does not replace the need for your child to be seen by your vision specialist. All Indiana schools must perform such screenings on designated grades and the results are reported to the Indiana Department of Health. Cherie Coffey, R.N., Health Center

ISD Museum - ISDAA's Landmark Committee has been officially formed. Our current goals are to establish an ISD museum and to have the two vacant buildings renovated. We are now

in the process of boarding-up the windows of both vacant buildings. We need volunteers to help with this project. The museum will be in the Alumni Room, also known as the Charles Whisman Room. This room will be used only as a museum. If any of you know of any old ISD pictures, furnishings, etc., please bring them to the Alumni Room. I have heard that some of ISD's old furnishings that were auctioned off some years ago are in the possession of different groups of people. I hope that many of you will help us by informing anyone you know who has some of these materials that we are searching for them and want them for the museum. The old Girls' Dorm and Service/Dining Hall have been searched already and almost nothing turned up. The old 1200 Club '50s Jukebox is also missing - do you know its whereabouts? If you have any questions or information please contact me. Thank you, David Reynolds, Bi/Bi Coordinator

Mini Deaf Sports Festival - The Mini Deaf Sports Festival (formerly called the Mini Deaf Olympics) will be held at the Kentucky School for the Blind and the University of Louisville from July 26th to August 1st, 1992. The event is hosted by the Deaf Community Center of Louisville, Inc. and is the only one of its kind in the world. For more information contact:

Mini Deaf Sports Festival
Director: Timothy Owens
P.O. Box 5455
Louisville, KY 40205
(502) 634-4187 tty (502) 634-4096 v

Afterschool Activities - Jordan YMCA presents classes in gymnastics, swimming, and dance. The program will be conducted on the ISD campus by instructors from the YMCA and volunteers from ISD. 2nd Session: February 17 - March 23

Price: per session	1 class	2 classes
ISD Student	\$18	\$30
non-ISD	\$23	\$40

Mondays -	<u>3:15 - 4:00 pm</u>	for more information contact Dan Fitzpatrick
Dance -		Dean of Students (317) 924-8403 (tty) or
<u>Mondays-</u>	<u>4:00 - 4:45</u>	Patty Montgomery (317) 842-0950 (v/tty)
Swimming -		
<u>Wednesdays-</u>	<u>3:15 - 4:00</u>	

Tutors Needed! - For Middle School students. Please contact Mary Glenn Cullison, ext. 116 for information.

Lost: One Game Boy in a Black vinyl carrying case with a broken handle. Includes electronic game, head set and 6 cartridge games. If found, please return to the Middle School Office.

College Goal Sunday - Seniors and parents, do you need help with the FAF? Help is on the way at College Goal Sunday, February 2, 1992. College Goal Sunday is a free, two-hour workshop that will take place in 17 cities at libraries, churches, and community centers throughout Indiana. From 2 - 4 pm, families will have an opportunity to meet with financial aid professionals who will assist them in completing the FAF. If you have questions about this special event or need directions to the nearest center, call the Indiana College Placement and Assessment Center's

(ICPAC) Hotline at (800) 992-2076 Chuck Daube, High School Guidance Counselor

Open Forum - The next Open Forum will be held on Thursday, February 6th. From 2:00 to 2:50 we will meet in the Co-Ed Lounge of the main dorm; 3:10 until 4:00 will be in the Auditorium. We will discuss the recent visit by the Bicultural Center, upcoming plans, and any pressing concerns, questions, etc. Hope to see you there. Janet Stailey, Acting Superintendent

Gallaudet University Representative - Charity Reedy, a representative from Gallaudet University, will be on campus Wednesday morning, February 5th, 1992, to meet with students. The schedule is as follows:

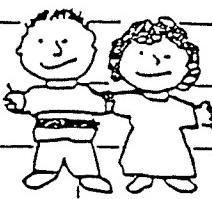
Seniors -- 9:50 - 10:45 in the Vocational Library

Juniors -- 10:45 - 11:40 in the Vocational Library

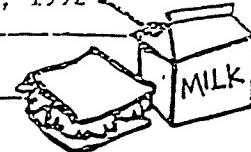
Sophomores -- During their break in the Gallaudet Diagnostic Test,
in the Co-Ed Lounge.

High School Testing - Sophomores and Juniors will be taking the Gallaudet Diagnostic Exam, in the Co-Ed Lounge. Juniors' exams will be Tuesday, February 4th, 8:00 - 11:40 am. Sophomores will take the exam Wednesday, February 5th, 8:00 - 11:40 am. Seniors will take the Gallaudet/NTID Entrance Exam Tuesday January 28th through Friday January 31st.

February 10-14, 1992



Tasty
Lessons
in
Good
Nutrition



School Lunch Heart Week

Dear Parents:

In school, your child is learning about healthy lifetime habits to help prevent heart disease in later years. Eating a nutritious diet is one of these important habits that can be learned at an early age.

To reinforce classroom learning, your child's school cafeteria will be serving low fat, low cholesterol "heart healthy" lunches during the week of February 10-14, 1992. Menus and recipes were developed and distributed through the American Heart Association.

You can further reinforce these habits and improve your family's health by following these suggestions:

1. Eat fewer high-fat foods.
2. Choose lean cuts of meat and trim off the fat.
3. Eat chicken, turkey or fish often.
4. Use low fat milk products.
5. Limit egg yolks to 3 or 4 per week.
6. Choose more foods rich in complex carbohydrates, such as breads, cereals, beans, grains, fruits and vegetables.
7. Bake, broil or steam foods whenever possible - don't fry.

Try this simple recipe at home and your family will see that healthy foods can also be delicious!

MOONBEAMS (a quick and easy no-bake recipe!)

1 cup crunchy peanut butter	1/2 cup honey
1 cup crinkles rice cereal (like Rice Krispies)	coconut
1/2 cup nonfat dry milk powder	(optional)

Combine peanut butter, 1/2 cup rice cereal, skim milk powder and honey. Roll into one inch balls. Roll in remaining crinkle cereal or coconut. Three dozen 1 inch balls.

TIPS FOR DINING OUT

If you're a member of the group that enjoys letting someone else do the cooking, don't despair. Here are a few tips for heart-healthy restaurant dining for your use and to pass on to friends and family.

- * If you find it impossible to order from the menu without ruining your diet, ask the waiter if the chef could prepare a fruit or vegetable platter for you. Most are eager to please.
- * Order all dressings and sauces on the side, so you can control your portions
- * Stay away from fried appetizers or creamy soups and begin your meal with broth-based soups such as minestrone or gazpacho instead.
- * Salad bars can be your friend or foe depending on what you choose. Stay away from high-fat items such as grated cheese, cream dressings, chopped eggs and croutons.
- * Try a squeeze of lemon on your salad instead of dressing.
- * Stick to the basic guidelines of your diet as you choose an entree. Pick fish or chicken in place of fatty meats.
- * Choose an entree that's broiled, baked, grilled, steamed or poached instead of fried.
- * Ask to have your food prepared without butter or cream sauces.
- * If you choose chicken, remove the skin before eating.
- * If you choose meat, remove all visible fat.
- * Order plenty of vegetable side dishes whenever possible. Be sure to ask the waiter to leave off any sauces or butter.
- * If you order potatoes, choose baked, boiled or roasted instead of fried. Ask the waiter to skip the butter and sour cream.
- * Order fresh fruit instead of cake or pie for dessert or pick a fruit sorbet in place of ice cream

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American Heart Association Low-Fat, Low-Cholesterol Cookbook,
American Heart Association. Published by Times Books, A
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